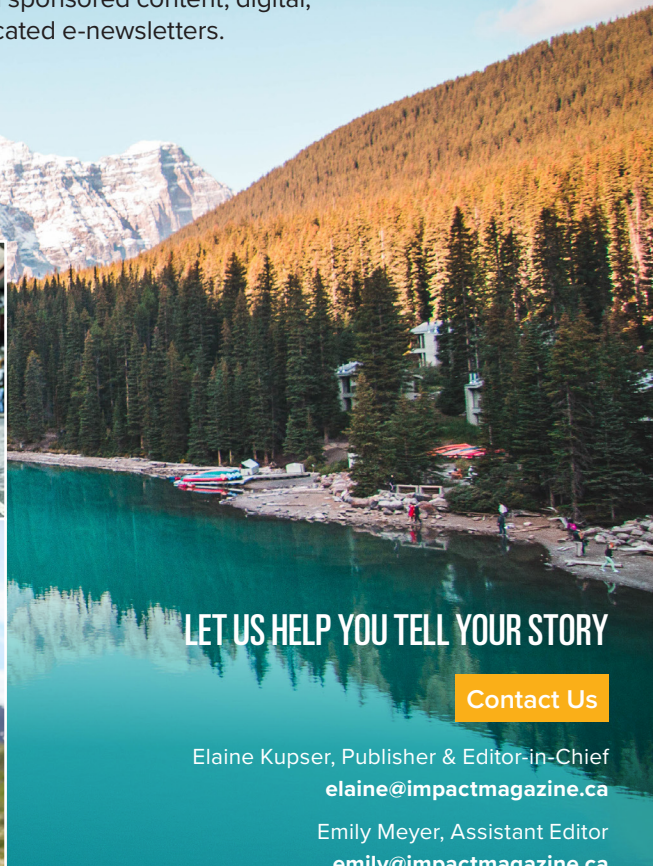


Summer Outdoor & Travel Issue

July 2023

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LET US HELP YOU TELL YOUR STORY

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IMPACT
MAGAZINE

OUTDOOR

- What to know before you go hiking
- Nature as your gym—how MovNat outdoors can transform your fitness routine
- Discover the many benefits of SUP yoga

TRAVEL

- Destination hikes around the world
- Travelling Canada by campervan

RUNNING

- Tips and techniques for uphill and downhill trail running

FITNESS

- Break from the gym and work out outside with Canada's Top Fitness Trainers

SPORTS MEDICINE

- Fix your downhill knee problems
- The effects of summertime footwear on your feet
- Essential tips for athletes preparing for travel

HEALTH

- Why walkability is essential for healthy, vibrant communities
- The Invisible Threat: How air pollution affects exercise and health

RECIPES

- Vibrant summer recipes for breakfast, lunch and dinner

NUTRITION

- Fueling Your Adventure: The importance of proper nutrition for long-distance activities

GEAR FEATURES

- Annual trail running shoe review (online)
- Summer outdoor apparel

ADVERTISING FEATURES

TOP
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— 2023 —

- Looking for ways to boost your practice's visibility, attract new patients, and showcase your expertise? We are looking for experts in their fields who go above and beyond the call of duty helping our communities stay healthy and well.

TRAVEL

- Stand out from the crowd with our premium travel packages and get in front of readers planning their next adventure. With our wide range of advertising options and content formats we can help you connect with our engaged and passionate audience of travellers and adventure seekers.